

IN THE CLAIMS:

1. **(Currently Amended)** An actuator comprising a reversible motor, a transmission operatively connected to the motor, ~~said transmission having a rotating element~~ a spindle with threads, said spindle operatively connected to the transmission to rotate the spindle multiple revolutions, a movable adjustment element ~~operatively connected to the transmission having threads in engagement with the threads of the spindle for moving the movable adjustment element along the spindle~~, a cylindrical part, a coil spring with a first end secured, said coil spring being arranged on the cylindrical part and with the direction of winding such that the spring exerts a braking effect on the adjustment element in one direction of movement thereof in that the spring is tight around the cylindrical part, said braking effect being adapted such that it may be overcome by the motor, wherein the coil spring has the first end secured to a rotating element and the axis of the coil spring arranged in alignment with an axis of the rotating element so that the spring is carried along in the rotation on the cylindrical part which is static in relation to the rotating element.

2. **(Previously Presented)** An actuator according to claim 1, wherein the cylindrical part is of metal in full or in part.

3. **(Previously Presented)** An actuator according to claim 2, wherein the cylindrical part has core of metal provided with a plastic

4. **(Previously Presented)** An actuator according to claim 2, wherein the cylindrical part is of metal with axially-extending strips of plastic on which the spring is arranged.

5. **(Previously Presented)** An actuator according to claim 1, wherein the cylindrical part forms part of a bracket mounted on the front end of the motor.

6. **(Previously Presented)** An actuator according to claim 1, wherein the transmission comprises a worm drive with a worm and a worm wheel, said coil spring having its one end connected to the worm wheel.

7. **(Previously Presented)** An actuator according to claim 6, wherein the coil spring is secured to the worm wheel with a radially outwardly bent end.

8. **(Previously Presented)** An actuator according to claim 6, wherein the coil spring is secured in a hole in the worm wheel with an axially bent end.

9. **(Previously Presented)** An actuator according to claim 1, wherein the coil spring is externally surrounded by a heat-conducting metal shield to convey heat away from the spring.

10. **(Previously Presented)** An actuator according to claim 1, wherein the coil spring is of metal, and the wire forming the spring has a four-sided, circular or oval cross-section.

10. **(Previously Presented)** An actuator according to claim 1, wherein the coil spring is of metal, and the wire forming the spring has a four-sided, circular or oval cross-section.